

# 7 ESSENTIAL WAYS

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TO MAKE YOUR  
HOME SAFE  
FROM 5G  
& EMF RADIATION



by **Josh del Sol**  
IN COLLABORATION WITH



**Building Biology Institute**  
The science of healthy buildings

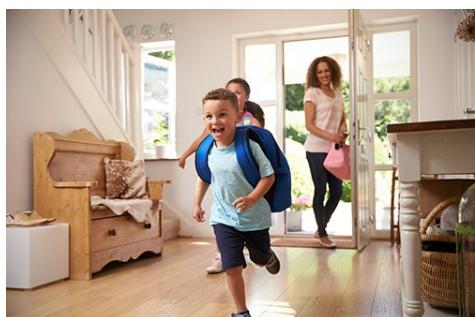


[the5Gsummit.com](http://the5Gsummit.com)

# WELCOME!

I'm so glad you are here, joining us on the **5G Crisis summit!** If you're like me, you may have been shocked to find out that everyday technology can be harmful, even though it is officially deemed as "safe".

My own journey began by creating the *Take Back Your Power* film about 'smart' meters, exploring the facts but not knowing the full story. Then with a deep dive since 2016 into "**5G**" (fifth-generation wireless infrastructure), I found that similar to smoking, asbestos and lead, wireless technologies can likewise hurt us according to a vast body of science. But, since our governments are not protecting us and corporations are putting profits before life, we are responsible for safe navigation.



Fortunately, armed with simple solutions, **protecting ourselves and our loved-ones is straightforward**. In this guide, I have compiled the best research from my 8-year deep dive into electromagnetic field (EMF) radiation, in collaboration with experts at the Building Biology Institute.

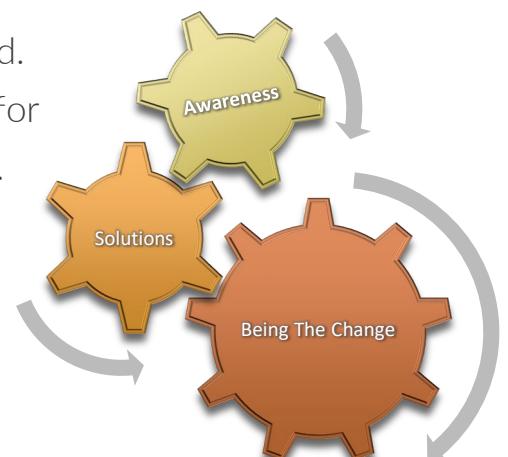
With the 5G rollouts, reducing our EMF exposures is **becoming extremely vital** to the greater process of taking back our power. Taking back our immediate environment, in a positive and life-centric way, is a significant step. And, I have also realized that as we bring longer-term solutions and safe alternatives to 5G into being, it is imperative that our bodies and minds are kept healthy and resilient.

May you and your loved ones be blessed and empowered. Those who align with life and truth are coming together for something awesome. And I welcome you on this journey.



Josh del Sol

Host & Producer, [5G Crisis: Awareness & Accountability](#)



# THE “5G” SITUATION

Despite the wireless industry's claims that “wireless is safe” or that “we need more science”, the fact is the science is settled. **Thousands of studies** (see appendix) now indicate a harmful biological effect from EMF radiation.

But the wireless industry has **captured governing agencies** and are fast-tracking deployments of 5G **despite not having a shred of solid evidence of safety**. Why? Because “tens of billions of dollars” in profits are to be reaped, just as FCC chair / industry lobbyist Tom Wheeler admitted in 2016.

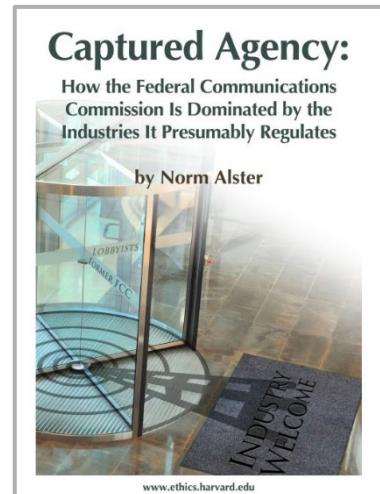
Under the guise of “faster downloads” and “ultra-connectivity”, an Internet of Things (IoT) is being deployed, which means the conversion of millions of utility poles next to our homes and schools to emitters of **microwave- and millimeter-wave radiation**. Upwards of 20,000 new satellites are also in the works, to integrate 5G in a **global wireless tracking and surveillance system**.



Yes, this is a heavy topic. But it is one that we can solve. The Achilles heel of the 5G agenda is twofold: awareness reaching a critical mass, and liability. You see, **insurance underwriters will not insure the wireless industry**. Their “blanket immunity” is crumbling. And the long-term risk-assessment of 5G is “very high”, according to Swiss Re – a fortune 500 underwriter.

So, in the **5G Crisis summit**, we are coming together to learn from the world's leading experts, and access **powerful solutions which are already in play**.

In the meantime, let's protect ourselves and our family from harmful exposures.



2015 report from Harvard Ethics Department.

# 1. FROM WIRELESS TO WIRED INTERNET

Thanks to people sharing information, and films like [Generation Zapped](#) and my [Take Back Your Power](#) documentary, there is fast-increasing awareness of the negative effects from wireless radiation. From *Minimum*, to *Better*, to *Best*, here's how to minimize your wifi exposure.

MINIMUM

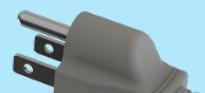
**Take the 1 WEEK CHALLENGE:** Turn off your wifi router at night. This is the most important time to reduce EMF. And keep track of how you and your family are feeling as a result!



1. Physically unplug your router before bed. This can be simple, but also easy to forget.
2. It's a really good idea to use a [plug-in power timer](#) (\$9).
3. Alternatively, login to your router & set a wireless time schedule. Check out this [PC tutorial](#), or this [Mac tutorial](#). Other guides are on YouTube.

BETTER

For any notebooks, make sure the **power cord is grounded** (has a 3-pronged plug). The newest MacBooks don't have this grounded power cable. You will need to purchase it from Amazon, e.g. [here](#).



BEST

**Permanently switch to wired internet ("ethernet"):**

Use [shielded ethernet cables](#) (with metal ends), together with **grounded ethernet adapters** ([USB-to-ethernet](#) | [thunderbolt-to-ethernet](#) | [USB-C-to-ethernet](#)), to connect your computers to your ethernet router. Then manually shut off wifi and Bluetooth on your computers. (For wired iPads & iPhones, see Section 2.)



## TURNING OFF THE WIFI

If it isn't easy to turn off your router's wifi, call your ISP. If you have cable internet, you can buy your own "no-wifi" Surfboard modem, along with your own router with a wifi on/off button.



## SWITCHES

Using a [switch](#) (\$16) can be very handy. Think of it like a wired internet splicer - with one ethernet cable input and 4+ outputs.



*- SEE NEXT PAGE FOR THE 2 HOME WIRING OPTIONS -*

## OPTION 1: Direct ethernet cables

Run long ethernet cables directly from your wired router to other rooms and through your attic, crawlspace and basement.



## OPTION 2: Use Multimedia Over Coaxial Alliance (MoCA) adapters

MoCA 2.0 adapters make a whole-home wired solution simple and cost-effective. **MoCA uses your home's built-in coaxial cable TV network**, so you can bring wired connectivity to each room with a cable TV jack -- without conflict to your cable TV service! Use these



[MoCA 2 adapters by Actiontec](#) (\$170 for set of 2) with this [POE filter](#) to keep your network secure. MoCA is safer, faster and more secure than wireless. And unlike Powerline adapters, MoCA does not produce dirty electricity. Put one adapter at your router & one in each room you want internet. [Here's a usage video](#). To implement, you can either DIY or contact a [building biologist](#) near you.

## TIP: Consider an EMF-Testing Meter

For an economical wireless testing meter, we recommend the [Safe and Sound RF Detector](#) (\$171 with coupon code [TBYP-5](#)), produced by Safe Living Technologies in Canada. If you don't need the exact numbers, but instead just want to see (and hear!) if the wireless levels are "slight, moderate, high, or extreme" according to published science, then this is the product for you.



We also recommend the [Cornet ED88TPlus](#) (\$180 w/ free shipping), a "tri-field" device, which provides an accurate read on wireless (radiofrequency / "RF"), magnetic (low frequency) and electric (extra low frequency) field strength. This has a "peak hold" feature which allows you to see the maximum RF levels – very useful for testing a pulsing 'smart' meter. And, the Cornet devices can also output sound in real-time, so you can see and hear the intensity of the radiation.

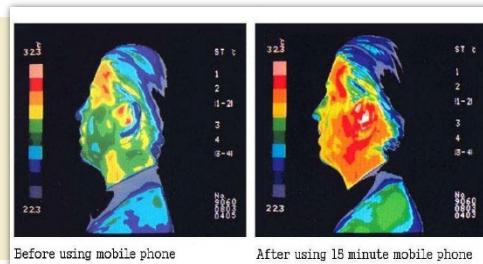


## 2. USE YOUR CELL PHONE SAFELY

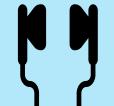
Your cell phone is likely the strongest source of EMF radiation in your life. Even when it is not being used, signals are sent out almost continuously. By default, these close-range radiation pulses go into your body, even in standby mode.

Wherever possible, follow these three principles: **reduce use, increase distance and favor hardwired connections**. This means landline corded telephones, and hardwired “ethernet” connections to computers and cell phones.

The “[inverse-square](#)” law for radiation intensity means that it is highly beneficial to be any amount of distance away from your phone. Even an inch or two helps greatly.



Here are tips for safer use of your phone & iPad:

MINIMUM	Distance is your friend. Instead of holding your phone next to your head during a call, always use either “hands free” or a wired earpiece. Turn off Bluetooth and do not use a Bluetooth earpiece.	
MINIMUM	Turn on <b>Airplane Mode</b> at night when you sleep & as much as possible during the daytime. Do not use the wifi feature unless necessary.	
MINIMUM	For landlines, <b>replace all wireless phones &amp; base stations</b> with corded phones. Most base stations emit harmful levels of radiation 24/7.	
BETTER	Do not carry your phone on your person.	
BETTER	<a href="#">Blue-tube earpieces</a> (\$20-37) reduce cell phone radiation, as they remove any potential antenna effect up to your ear.	
BETTER	Since 3G emits MUCH less radiation, <b>use 3G instead of 4G/LTE, or 5G</b> . On an iPhone, go to Settings> Cellular> Cellular Data Options> Enable LTE and select “Off”. And, <b>turn off Cellular Data</b> entirely if you can.	

For reducing your body's exposure from your cell phone's EMF, try an [EMF-blocking phone sleeve](#) (\$39+), with single-sided protection. Why is single-sided preferred? Three points:



1. It maintains your cell signal & connectivity, while protecting your body when, for example, it is in your pocket.
2. Cell phones are designed to increase their power output when the signal is lower. This means that when you have 0 or 1 bars of connectivity, your phone is emitting up to *thousands* of times more wireless radiation, as it tries to look for a signal. So in this case, *not blocking* the signal ironically is safer for exposure, while the "body-side" of the sleeve protects you somewhat.
3. With a better cell signal, your phone will save battery life significantly.

You can now "wire" (plug in) your iPhone or iPad, using adapters. Here's what you need:



1. [RJ45 Lightning to Ethernet Adapter](#) (\$40)
2. [Shielded ethernet cable](#) (with metal ends, not plastic)

Once connected, go into "Settings", and the "Ethernet" menu item will appear. Ensure Airplane Mode is on, and wifi and Bluetooth are of course off. Use this solution combined with MOCA 2 technology (a fully "wired" home), for max benefit!



#### Notes:

- 1) For Android phones with micro-USB, use [this Plugable adaptor](#) (\$14).  
(Bear in mind, it is highly preferable to use a grounded ethernet adapter and shielded ethernet cable to avoid electric fields.)
- 2) For iPhones and iPads, most USB-ethernet adapters will get you onto the internet, but they won't protect you from electric fields, because they are not properly grounded. This can drain one's vitality when holding the device. Also, recent versions of iPhones now have powered lightning ports, so you won't need external power to make this work.
- 3) With this solution, your phone will have high-speed internet connectivity, but not cell service. So you may not receive incoming calls and texts. To solve this, try using apps which also work on your home computer, like Telegram or Voxer, and ask your contacts if they would do the same. This may also increase your productivity, collaboration and reduce emails.
- 4) Someone please invent an ethernet phone docking station - we will promote it!

# 3. GO WIRED: YOUR OFFICE & PERSONAL DEVICES

Because they are often next to your skin, your computer's peripherals, and "wearable" devices, are surprisingly HUGE sources of wireless radiation exposure.

Carpal tunnel, joint inflammation, and other symptoms are at epidemic levels. And scientific studies indicate they are often reduced when you reduce microwave radiation exposure. (Remember, **wiring** and **distance** are your friends!)

The good news is that these devices are generally inexpensive to replace with wired alternatives. Here's how.

<b>M I N I M U M</b>	<p><b>Get a wired mouse.</b> Examples are <a href="#">here</a>. Then disable Bluetooth on your computer, which would otherwise continue to transmit even with a wired mouse plugged in.</p>	
<b>M I N I M U M</b>	<p><b>Get a wired keyboard.</b> Examples are <a href="#">here</a>. As above, be sure to disable Bluetooth on your computer.</p>	
<b>M I N I M U M</b>	<p><b>Do not use a wireless watch.</b> These devices have clearly been shown to emit unacceptably high amounts of radiation directly on skin. They have often caused rashes in response to EMF radiation exposure.</p>	
<b>B E T T E R</b>	<p><b>Connect your printer</b> to your computer with a USB printer cable (use a USB extension cable if necessary) or use an ethernet cable. Then <b>disable the wifi</b> on your printer.</p>	

# 4. IMPROVE YOUR SLEEP, AND YOUR FERTILITY

Men: Science shows that sperm counts are dropping rapidly, and that one of the primary causes is EMF radiation. So, protect not only "your boys", but the women and kids in your life. Also, watch this [Message to Dads About Wireless Safety](#).

[ Women: sometimes us guys need some straight-talk. You don't need extra encouragement to follow these tips... ]



M I N I M U M	<p><b>Do not use wireless baby monitors.</b> These emit unacceptably high amounts of wireless radiation.</p> 
M I N I M U M	<p><b>Unplug clocks</b> and other powered devices at night - and move them away from sleeping locations. These emit a subtle magnetic field shown to effect biology. (And put phones in Airplane Mode at night!)</p> 
B E S T	<p><b>Turn off breaker switches</b> to bedroom circuits at night. Try this for a couple of weeks, then hire an electrician to install a set of contactors and remote switch to enable you to remotely shut off these circuits. Contact a <a href="#">Building Biologist</a> for help, either in person or over the phone.</p> 
B E S T	<p>An <a href="#">EMF Blanket</a> (\$250+) on top of your comforter can help improve sleep by protecting you from wireless frequencies. There are <a href="#">Child-sized Blankets</a> (\$260), and <a href="#">Bed Canopies</a> (\$360+). For the best outcome, reduce electric fields by shutting off breakers and using blanket and bed canopy fabrics that you can ground with a <a href="#">plug-to-gator patch cord</a> (\$9).</p> 

# 5. OTHER EMF FIELDS: MAKING YOUR HOME SAFE

## 1. Dirty Electricity

Also known as voltage transients, “dirty electricity” (DE) affects our health by radiating electric and magnetic fields into rooms from harmonic frequencies above the standard 60 Hz cycle.

Importantly, DE flows downstream and upstream on circuits from its source and can even hop from circuit to circuit within your house and come in from neighbor's houses. An oscilloscope and/or spectrum analyzer is the most accurate way to identify DE levels.

M I N I M U M	<p><b>Minimize your use of the following</b>, which produce DE: dimmer switches, compact fluorescent lamps (CFLs), ‘smart’ meters, older LEDs and halogen fixtures, variable speed motors (such as energy-efficient furnaces), front-load washing machines, power tools, certain pool pumps, and all solar panel inverters.</p> 
M I N I M U M	<p><b>For lighting, use incandescent, or new halogen incandescent</b> light bulbs, which run straight off 120 volts and have no DE. Newer LEDs are also getting brighter, more affordable and cleaner (meaning, less DE). You can now even purchase “<b>line-voltage</b>” <b>LEDs</b> that run straight off 120 Volts. They don’t need a switched mode power supply, which causes DE.</p> 
B E T T E R	<p><a href="#">Stetzer Electric</a> and <a href="#">Greenwave</a> offer plug-in filters, which help to reduce DE. To minimize a possible local magnetic field, be sure to check for wiring errors.</p> 
B E T T E R	<p>If you plan to install solar panels, expect to have some DE. <a href="#">Sunny Boy/SMA</a> inverters and micro-inverters such as <a href="#">Enphase</a> reduce better than other brands, but they still leave some DE.</p> 
B E S T	<p>The best whole-house DE mitigation system we have come across is the <a href="#">SineTamer</a>, which installs at the power panel. This product indicates a superior reduction in DE, often utility bill savings, and often significant health improvements. See <a href="#">videos</a> and <a href="#">testimonials</a>.</p> 

## 2. Magnetic and Electric Fields

Magnetic fields, along with electric fields, are the two most overlooked, yet common and harmful, types of EMF that there are in everyone's home. They comprise a cornerstone of the service provided by Building Biologists.

Remember, wireless-shielding paint and other materials do not block AC magnetic fields.

Many of the tips in this section are more advanced and require professional assistance.

MINIMUM

Keep away from point sources of **magnetic field exposure**, such as transformers and motors. Fortunately, those fields drop off quickly, within a couple of feet or so. Distance is your friend when it comes to point source magnetic fields.



BETTER

Using a Gauss meter, **measure the level of AC magnetic fields** in your home to determine where you exceed a safety threshold of 1.0 mG.



**Note:** If the overhead or underground outside utility power lines cause magnetic fields inside your house well above 1.0 mG, work with a [Building Biologist](#) to see if the utility can find and fix a broken neutral on their power lines to one of the houses in the neighborhood. If not, you would need to consider relocating.

BETTER

Insert a **TV cable isolation filter** into incoming TV cables that carry current.



BEST

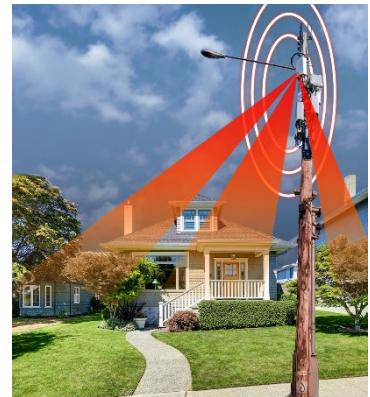
Hire a [Building Biologist](#) to measure the level of AC magnetic fields in your home. If need be, they could also help an electrician and plumber fix wiring errors and electric current on your metal water service supply pipe that cause these magnetic fields.



# 6. SHIELDING YOUR HOME FROM 4G/5G RADIATION

If you live close to 4G cell towers or a new 4G/5G small cell antenna goes up near your house, shielding materials can play a vital role in helping to protect your home and family.

These are also effective shielding options for reducing RF exposure from 'smart' meters, broadcast towers, and your neighbor's wifi and other emissions. Incoming RF radiation can be shielded by various materials, depending upon frequency.



MINIMUM

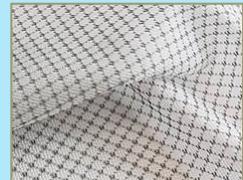
**Refuse or opt-out of your electric, water and gas utility's 'smart' meter program, if possible.** If not, shield your meters with a 'smart' meter guard, such as from [here](#) or [here](#). You can also use creative wall shielding such as [this](#) or [this](#).



BETTER

To shield from **4G and 5G cell signals** in the low- to mid- cell phone band (below 6 GHz), **wifi**, **'smart' meters** and **neighbor's routers and other emissions**, these methods are effective:

- RF-shielding paints ([Y-Shield](#), [CuPro-Cote](#), [Ecos](#), and [Air Pure](#))
- [copper mesh](#), [aluminum mesh](#) & [aluminum building foil](#)
- most [wireless-shielding fabrics](#)



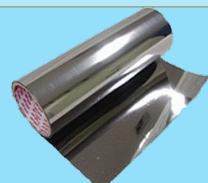
BETTER

**Windows** will need either transparent [window film](#), metal-mesh insect screen, or fabric curtains, such as [VeilShield](#) or a combination of these products. Use your EMF meter to measure before and after you apply shielding. Contact a [Building Biologist](#) to help design your shielding project.



BEST

For the above-20 GHz wave 5G high-band (i.e. the millimeter wave spectrum), the only effective shielding measures will be the **paints** and **aluminum building foil** listed above.



# 7. SPREAD THE WORD & GET INVOLVED

## 1. The 5G Crisis: Accountability & Awareness Summit

The most urgent focus of our time is how corporations are imposing their agendas against our will - and risking our safety, rights and our children's future.

This unique summit is about humanity coming together to ignite awareness and change our situation.

The 5G Crisis summit is providing direct access to 35+ leading scientists, experts and social leaders, who are bringing forward crucial information.

[Click here to save your spot to watch the Summit FREE, Aug 26-Sept 1, 2019.](https://the5Gsummit.com)

And then, please do one of the following to help us spread the word:

1) SHARE the link:

[the5Gsummit.com](https://the5Gsummit.com)

2) BECOME an affiliate:

[the5Gsummit.com/affiliate/](https://the5Gsummit.com/affiliate/)

Thank you & we'll  
see you there!



### Event Experts Include:



**Robert F Kennedy, Jr.**  
Dangers of 5G to Children's Health



**Devra Davis, PhD**  
Science on 5G & EMF Radiation



**Martin Pall, PhD**  
Mechanism of Harm: 5G & Wireless



**David Greenfield, PhD**  
Addicted Society: Tech Addiction & 5G



**Patrick Wood**  
5G: The Agenda For Total Control



**Dietrich Klinghardt, MD, PhD**  
Best Protection From EMFs and 5G



**Magda Havas, PhD**  
Extensive Biological Effects of EMFs and 5G



**Ray Broomhall, LLB, QCLP**  
Legal Action Process For Blocking 5G Sites

AND: **Timothy Schoechle, PhD**  
**Claire Edwards**  
**Larry Gust, BBEC**  
**Ronald Melnick, PhD**  
**Richard Lear**  
**Tom O'Bryan, PhD**  
**Patrick Colbeck**  
**Max Igan**

**James Corbett**  
**Susan Manewich**  
**Joe Martino**  
**Paul Heroux, PhD**  
**Sayer Ji**  
**Ty & Charlene Bollinger**  
**Cece Doucette**  
**Derrick Broze**

**35+**  
**WORLD**  
**LEADING**  
**SPEAKERS**

## 2. Grassroots websites

There are hundreds of organizations popping up everywhere. Here are several:

- [SafeG Alliance](#) (USA)
- [5G Space Appeal: An International Appeal to Stop 5G on Earth and In Space](#) (sign it)
- [5GCrisis.net](#) (USA)
- [5G Exposed](#) (UK)
- [5GInformation.net](#) (USA)
- [Americans For Responsible Technology](#) (USA)
- [Center for Safer Wireless](#) (USA)
- [Children's Health Defense](#) (USA)
- [Corbett Report](#)
- [ECSFR](#) (Australia)
- [ElectricSense](#)
- [EMF Health Summit](#)
- [EMF Safety Network](#) (California)
- [EMF Warriors](#)
- [EMFoff!](#)
- [Environmental Health Trust](#)
- [KeepYourPower.org](#) (Hawaii)
- [Last Tree Laws](#) (Mass., USA)
- [My Street, My Choice](#) (California)
- [Our Town, Our Choice](#) (USA)
- [Parents For Safe Technology](#) (USA)
- [Physicians For Safe Technology](#)
- [SaferEMR](#) (Dr. Joel Moskowitz)
- [Scientists For Wired Technology](#) (California)
- [Stop5GGlobal.org](#) (Australia)
- [Take Back Your Power](#)
- [Technocracy.news](#)
- [Telecom Power Grab](#) (USA)
- [The Conscious Resistance](#) (USA)
- [WhatIs5G.info](#)
- [WirelessEducation.org](#)
- [Wireless Information Network](#) (USA)
- [Zero5G](#)

# ACKNOWLEDGMENTS

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## APPENDIX: EMF RESEARCH & SUMMARY

The area of EMF science has been studied exhaustively. The industry's standard claim of "we need more studies," – a tactic employed with smoking, asbestos, lead, DDT, etc – no longer has any validity whatsoever. The vast majority of independent studies show a negative biological effect. And most studies that do not show effect are industry-funded.



In May 2011, the International Agency for Research on Cancer (IARC) of the World Health Organization classified radiofrequency radiation (i.e. wireless EMF) as a Group 2b Potential Carcinogen.

In my view, after being exposed to the body of peer-reviewed science and receiving literally thousands of emails of men, women and children suffering very real harm, wireless EMF needs to now be recognized as a **Group 1 Carcinogen**, with immediate action taken and enforced accordingly.

Below is an array of 30+ useful links which comprise research, reports and solutions. It is by no means exhaustive.

1. 1,659 studies (at last count) on EMF and bioeffects:  
<https://www.powerwatch.org.uk/science/studies.asp>

(Of these:
  - 1,032 found effects (most effects being harmful)
  - a further 370 had other "important insights or findings"
  - only 257 did not find effects.)
2. Additional links with several thousand studies showing biological effect and/or harm:
  - <https://www.bioinitiative.org>
  - <http://www.justproveit.net/studies>
  - <https://www.emf-portal.org/en>
  - <https://stopsmartmeters.org.uk/resources/resources-scientific-studies-into-the-health-effects-of-emr/>
  - <https://www.greenmedinfo.com/anti-therapeutic-action/electromagnetic-fields>
3. Harvard Ethics Department ebook, "Captured Agency: How the FCC Is Dominated by the Industries It Presumably Regulates":  
[https://ethics.harvard.edu/files/center-for-ethics/files/capturedagency\\_alster.pdf](https://ethics.harvard.edu/files/center-for-ethics/files/capturedagency_alster.pdf)
4. \$25 Million NTP Study Finds Increased Brain Cancer, DNA Breakage
  - 2016 initial findings: <http://microwavenews.com/news-center/ntp-cancer-results>
  - 2018 update: <https://ehtrust.org/cancer-researcher-states-25-nih-study-confirms-cell-phone-radiation-can-cause-cancer/>
  - Italian study confirms findings: <http://microwavenews.com/news-center/ramazzinis-belpoggi-interview>
5. Watch the ABC Catalyst episode "Wi-Fried", which got the journalist and entire staff fired due to industry "lobbying":
  - Video: <https://vimeo.com/155864822>
  - Firing: <https://www.theguardian.com/media/2016/oct/31/catalyst-staff-to-be-sacked-and-weekly-tv-show-format-scraped>

6. FCC: intimidating press, suppressing science at "5G" announcement  
<https://www.youtube.com/watch?v=OMxfffqyDtc>
7. Take Immediate Action on "5G":  
<http://www.parentsforsafetechnology.org/stop-5g-spectrum-frontiers.html>
8. 34 Scientific Studies Showing Adverse Health Effects From wifi:  
<http://wifiinschools.org.uk/30.html>
9. Radiofrequency science charts to visually compare studies, radiation intensities and biological effects:  
<https://www.bioinitiative.org/rf-color-charts/>
10. Apple manual states to keep your iPhone away from your body at all times:  
<https://www.newsweek.com/iphone-6-bendgate-apple-says-your-iphone-shouldnt-go-your-pocket-avoid-273313>
11. Study: Mobile phones are cooking men's sperm:  
<https://www.telegraph.co.uk/news/health/news/12167957/Mobile-phones-are-cooking-mens-sperm.html>
12. Brain surgeon Dr Charlie Teo warns against mobiles, wireless home appliances:  
<https://www.news.com.au/technology/brain-surgeon-dr-charlie-teo-warns-against-mobiles-home-appliances/story-e6frfro0-1225791947213>
13. American Academy of Pediatrics warns: Limit children's exposure to cellphones:  
<https://www.today.com/video/pediatricians-warn-limit-childrens-exposure-to-cellphones-559871555807>
14. More than 60 international warnings on wifi and microwave radiation:  
<http://www.safeinschool.org/2011/01/international-warnings-on-wi-fi.html>
15. A List of Teacher Unions and Parent Teacher Organizations Taking Action On Wifi (USA, Canada, UK, etc):  
<https://safetechforschoolsmaryland.blogspot.com/2016/02/teacher-unions-and-parent-teacher.html>

16. TED Talk from a former Environmental Engineer in Silicon Valley:  
<https://www.youtube.com/watch?v=F0NEaPTu9oI>
17. Insurance giant Swiss RE has given electromagnetic frequencies the HIGHEST possible long term risk rating:  
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